

Health Behavior

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Outline

- ▶ Definitions of Health Behavior
- ▶ Perspectives on Health Behavior
- ▶ Public Health Perspective
- ▶ Chronic Diseases
- ▶ Categories of Health Behavior
- ▶ Models of Health Behavior
- ▶ Self Application

What is Health Behavior?

- ▶ Health behavior refers to the actions of individuals, groups, and organizations
- ▶ Also refers to determinants, correlates and consequences of these actions which include social change, policy development and implementation, improved coping skills, and enhanced quality of life

Definitions of Health Behavior? cont.

- ▶ Personal attributes such as beliefs, expectations, motives, values, perceptions, and other cognitive elements
- ▶ Cognitive elements include:
 - Personal characteristics (affective and emotional states and traits)
 - Overt behavior patterns, actions, and habits that relate to health maintenance, health restoration and health improvement

Multiple Perspectives on Health Behavior

- ▶ Psychology
- ▶ Education
- ▶ Sociology
- ▶ Epidemiology
- ▶ Anthropology
- ▶ Public Health

Public Health Perspective

- ▶ Individual behavior impacts the health of a larger community
- ▶ Individual behavior determines many of the social conditions that affect a person's health
- ▶ Direct correlations between behavioral factors and their contribution to chronic diseases

Chronic Diseases in Alabama

- Mental Health
- Infant Mortality
- HIV/STDs
- Cardiovascular Disease
 - Heart Attack
 - Stroke
- Diabetes
- Cancer

Common Behavior Contributors

- Alcohol
- Tobacco
- Firearms
- Motor Vehicles
- Diet and Activity Patterns
- Sexual Behavior
- Illicit Drug Use

Categories of Health Behavior

Preventative Health Behavior

Any activity undertaken by individuals who believe themselves to be healthy for the purpose of preventing or detecting illness

Self Protective Behavior

An action intended to confer protection from potential harm

Examples – Using seatbelts or wearing a condom during sexual activity

Categories of Health Behavior Cont....

Illness Behavior

Any activity undertaken by individuals who perceive themselves to be ill for the purpose of defining their state of health and discovering a suitable remedy

Categories of Health Behavior Cont....

Behavior versus Lifestyle

- A behavior that is done once, periodically or across a lifetime
- Can impact self and sometimes others
- Eating a healthy diet, getting regular physical activity, and avoiding tobacco use
- Healthy behaviors that result in a “healthy lifestyle”

Categories of Health Behavior Cont....

Self Care Behavior

- Taking actions to improve or preserve one's health
- Prevention or self treatment of a definable health problem or condition
- Actions taken to treat symptoms before seeking professional medical attention
- Treating minor injuries such as bruises, scrapes and twisted ankles when a person doesn't think a health care professional is needed

Categories of Health Behavior Cont....

Health Care Utilization Behavior

- ▶ The use of health services (clinical public health services or medical care professionals)
- ▶ A continuum that ranges from using preventative services, such as getting immunizations, early detection and screening tests, elective surgery or involuntary hospitalization after an injury

Categories of Health Behavior Cont....

Substance-Use Behavior

- ▶ Focuses on the use of licit and illicit mood altering substances
- ▶ Examples – tobacco, alcohol, caffeine, marijuana, cocaine, heroin and prescription medications
- ▶ Use and misuse at an extreme and unsafe level can result in addiction making it very difficult for a person to abstain

Categories of Health Behavior Cont....

Sexual Behavior

- ▶ May or may not involve sexual intercourse
- ▶ Implications can range from reproduction and childbearing to sexual transmitted diseases with the most extreme being HIV/AIDS
- ▶ Taking precautions or avoiding sexual conduct with multiple partners can help prevent sexually transmitted diseases and prevent unwanted pregnancies

Categories of Health Behavior Cont....

Reckless Behavior

- ▶ Involves individuals putting themselves in situations not normally required in daily living that substantially increase their chances of illness, injury or death
- ▶ Can also be referred to as “risk taking behavior” or “risky behavior”
- ▶ Examples include drinking and driving, drag racing, substance use, carrying a concealed weapon, engaging in unprotected sex and playing extreme sports

Models of Health Behavior

- ▶ Health Belief Model
- ▶ Social Cognitive Theory
- ▶ Community Organizations
- ▶ Transtheoretical Stages of Change

Models of Health Behavior cont.

Health Belief Model

- ▶ Explains why people did or did not take advantage of preventative services such as disease screening and immunizations
- ▶ Determined by two interrelated factors:
 1. A person's perception both of the threat of a health problem
 2. A person's accompanying appraisal of a recommended behavior for preventing or managing the problem

Models of Health Behavior cont.

Social Cognitive Theory

- ▶ People learn not only through their experiences, but also by watching other people and the consequences of their actions
- ▶ A view that while people are influenced by the world around them, they can also actively change the world
- ▶ Emphasizes that individuals change their situations by changing their own behavior

Models of Health Behavior cont.

Community Organizations

- ▶ The process by which community groups identify problems or goals, mobilize resources, and develop ways to reach their goals
- ▶ Includes developing resources and skills; getting specialized help from outside experts; and social action which enjoys joining together for a cause (especially one that involves a particular group that is being greatly affected by a particular problem)

Models of Health Behavior cont.

Transtheoretical Stages of Change

- ▶ Assesses an individual's readiness to act on a new healthier behavior and provides strategies or processes of change to guide the individual through the stages of change to action and maintenance

Transtheoretical Stages of Change

Stage 1 – Precontemplation (Not ready)

State 2 – Contemplation (Getting ready)

Stage 3 – Preparation (Ready)

Stage 4 – Action

Stage 5 – Maintenance

Stage 6 – Termination

Self Applications

Chronic Disease Self Management Program

An evidenced based health behavior model developed by Stanford University used to assist individuals in management their chronic diseases by implementing different types of self management techniques

Self Management Tasks

- ▶ Take care of your personal illness (taking medicine, exercising, going to the doctor, communicating your symptoms accurately, changing your diet)
- ▶ Carry out your normal activities (chores, employment, social life, etc.)
- ▶ Manage your emotional changes (changes in emotions caused by illnesses such as anger, uncertainty about the future, changed expectations and goals, depression and changes in relationships with friends and family)

Choosing to Exercise or Increase Physical Activity

- Keep your exercise goal in mind
- Choose exercises you want to do
- Choose the time and place to exercise
- Make an action plan with yourself
- Make an exercise diary or calendar
- Do self tests to keep track of progress
- Start your program
- Reward yourself for a job well done

Choosing To Eat Healthy

- Try not to skip meals
- Allow yourself to snack on healthy foods between meals
- Eat more frequent, smaller meals
- Chew your food well
- Drink plenty of water
- Try a relaxation method about a half hour before you eat

References

- Internet – Wikipedia
- Gale Encyclopedia of Public Health
- Living a Healthy Life with Chronic Conditions

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